



THREE WAYS TO LOVE YOUR HEART

Small actions. Big rewards.

February is American Heart Month

- ♥ **Take time to have fun and play**
You'll get your heart pumping without even noticing that it's exercise!
- ♥ **Eat lots of fruits and veggies**
Fruits and vegetables can lower cholesterol and blood pressure and help you lose weight.
- ♥ **Go for a walk**
Exercise doesn't have to be done in a gym or even all at the same time. The good effects of walking add up over the day.